



FRESH
CONVERSATIONS

Heart Tip:
A healthy
lifestyle is a
powerful tool
for your
heart.



Fresh Conversations

Each month a new topic with nutrition discussion & food tastings. *

Live Longer! Fight Heart Disease and Stroke

- Tips for blood pressure control
 - Samples of heart healthy foods
- Deep breathing for stress relief

November 12th at 11am

Brunswick Senior Center
12 E A St, Brunswick, MD
CBarnes@FrederickCountyMD.gov
(301) 834-8115

November 13th at 1pm

Urbana Senior Center
9020 Amelung St, Frederick, MD
UrbanaSeniorCenter@FrederickCountyMD.gov
(301) 600-7020

November 14th at 12:30pm November 14th @ 10:30 am

Frederick Senior Center
1440 Taney Ave, Frederick, MD
DMarkowitz@FrederickCountyMD.gov
(301) 600-3525

Emmitsburg Senior Center
300 S Seton Ave, Emmitsburg, MD
LUmbel@FrederickCountyMD.gov
(301) 600-6350

Pre-registration required for this free event
To register for free classes, please email or visit the center in person

*Presented in partnership with the University of Maryland Extension and the Maryland Dept. of Aging.